

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

PRIMARY EXERCISES

LATERALS & RIB CAGE STRETCH

LATERALS & RIB CAGE STRETCH:

Stand erect, 'Lower Tummy Muscles' ('Transverse Abdominus Erectus') sucked back pulling your bladder towards your spinal column. Both 'Hands and Finger Tips' extended down the 'Side Seam Of Your Pants' as close as you can get them to the floor. Keeping your 'Shoulders Parallel To Your Hips', bend 'Laterally – To The Side - Aft Or Forward Tilt' lowering or sliding your active or 'Operational Palm & Finger Tips' towards the floor. Extend as far as comfortable, then, 'Breathe Out At Full Muscular Extension' to maximize the 'Movement'. Feel the 'Stretching Action' on the side opposite to the 'Operational Hand and Finger Tips'. 'Position & Hold' for a '12 to 15 Count'. Do '2 or 3 Repetitions' and '1 or 2 Sets'. Change the 'Subject Hand and Fingers' and repeat the process on the opposite side of your body.

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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